

Gas Range Award and Auctions Tomorrow!

"Mode-O-Mat" Appliances Are Cooking School Hits

Torrance housewives will be more "gas-range-conscious" by tomorrow afternoon than ever before when one of the fine "Mode-O-Mat" Gaffers and Sattler stoves, valued at \$134.50, will be given away without any cost or obligation at The Herald-Southern California Gas company cooking school in the Civic Auditorium.

The two fortunate housewives who submit the highest bids on a "Mode-O-Mat" Gaffers and Sattler gas range put up for auction by the National Home Appliance company and a "Mode-O-Mat" Magic Chef gas range from the Torrance Plumbing company, Fay Parks, owner-manager, are going to receive those fine appliances for just what they offered.

The National Home Appliance company and the Gaffers and Sattler Stove company of Los Angeles are jointly awarding the "Mode-O-Mat" range that is to be given away without charge.

This award and the two ranges on which sealed bids are being received have been one of the chief centers of attraction at the three-day School of Modern Gas Cookery.

The Gaffers and Sattler range that is to be auctioned is valued at \$189.50, while the Magic Chef which Fay Parks is "putting on the block" has a retail sale price of \$99.50.

Included with the range that is to be awarded tomorrow afternoon are the famed automatic clock control and an electric light. All three ranges are the latest models, just introduced and at the present time in great demand by housewives who recognize in them the finest materials ever put in gas ranges.

'DREAM KITCHEN' ON STAGE

Framed in the most attractive stage setting ever seen at a cooking school sponsored by The Herald, the present School of Modern Gas Cookery which will hold its final session tomorrow afternoon from 1:30 to 3:30 o'clock in the Civic Auditorium is truly a "dream kitchen."

Those who attended the classes held yesterday and today thoroughly enjoyed watching Mrs. Jessie Ewing, home economist, prepare the menus on the stage and see the actual table work mirrored above her head.

The mirror reflector greatly enhanced the value of the cooking instruction and another feature that is attracting much comment is the "lapel-type" microphone which amplifies the instructor's remarks thru a pair of loud speakers on each side of the stage.

Those attending the afternoon classes are also finding the lobby display of "Mode-o-Mat" gas ranges and cooking aids most interesting. Tomorrow will be the final day of the school and housewives are urged to come early in order to be assured of a seat.

Finds 20-Year Cycle Fatal to Presidents

ORANGE, Tex. (U.P.)—E. M. "Preacher" Childers, city councilman, "wouldn't think of being President in 1940." He explained that it was his knowledge of "past history, not his modesty that made him shy from the office of chief executive. Childers pointed out that since 1840 a president has died in office at regular 20-year intervals.

William Henry Harrison, elected in 1840, died in office. Abraham Lincoln, elected in 1860, was shot to death during his second term. James A. Garfield, elected in 1880, was assassinated. William McKinley, elected in 1900, was assassinated. Warren G. Harding, elected in 1920, died in office.

Now It Is The Trailer Made Meal

"This summer, during the entire vacation period, trailers are to be found on every through highway in the country, and in many sections there are full-fledged trailer camps, so a few ideas for "trailer-made" meals may be welcomed by those who are planning a vacation trip in a trailer or cabin.

Vacation meals always should be easy meals, and these are no exception. Plan to have easily prepared foods but plenty of them because cabin or trailer appetites are always ravenous. The foods, even more than any other time, must be substantial; therefore, see to it that generous servings of meat are included.

Canned Meats Important
Usually it will be possible to obtain fresh meats for these meals, but just in case not, have a supply of canned and cured meats on hand. There is a wide variety of canned meats from which to choose. Start the list with corned beef hash, chili con carne, dried beef, beef tongue,

veal loaf, meat balls and spaghetti, and a variety of potted meats, and replenish the stock as soon as possible after one or more varieties have been used.

Ground meat, because it is cooked so quickly, is a popular fresh meat with campers, but this should be purchased only a short time before it is used, unless the trailers or cabins are really de luxe with plenty of refrigerator space. As a little different variety of hamburgers, here is one which is extraordinarily good.

Tasted Nut Hamburgers
1 1/2 pounds ground beef
3 tablespoons chopped pecan or walnut meats
6 tablespoons chopped parsley
2 tablespoons finely minced onion
3 slices bacon
Divide the ground beef into six individual servings and form each one into two round flat cakes. Press well together so that they will hold their shape. Combine chopped nut meats, onion and parsley and spread on top of six cakes. Place half a bacon slice on top of the nuts, and the remaining six cakes as covers on each. Pinch the edges together, and broil or panbroil the cakes until they are done.

Easy Control Marks 'Mode-O-Mat' Ranges

Home economists who have tested out the new "Mode-O-Mat" type gas range have discovered that it is as easy to control the speed of cooking as it is to control an automobile. A turn of the valve handle, and the burner lights automatically. Full heat is produced instantly, and in a split second one can get top heat for quick boiling, or low simmer flame for waterless cooking.

Free Dance

NEXT SATURDAY NITE, OCT. 2
McDonald Hall 1951 Carson St.
MODERN and OLD TIME DANCING

Music By
IKE and His OLD TIME BAND

This is the first of a series of weekly dances to be presented by Ike and his Old Time Band in the McDonald Hall. Bring your friends! Everyone invited!

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CIGARS

By The Box
White Owl — Van Dyke
Roi Tan — Del Cara
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Box of 25 \$1.10
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CIGARETTES
Pop. brands 2 for 25¢

REDUCING PREPARATIONS

MARMOLA TABLETS 71¢
RE-DUCE-OIDS Regular \$2.00 \$1.38
WHITE OFF 98¢
TAY-BAN \$1.09
BON KORA 67¢
VENUS TABLETS \$1.00
100 THYROID TABLETS, 1 gr. 39¢
ANACIN 19¢

Handy Hot Electric Toasters

Complete with Cord. 98¢

BROMO QUININE Reg. size 24¢
SLOAN'S LINIMENT Reg. size 29¢

BATHROOM SCALES

Heath-O-Meter \$2.49
Others to \$3.49

Just Arrived! . . . Old Fashioned Chocolate Drops

Strawberry Limit 10¢ lb.
Lemon 2 lbs. to a customer.
Vanilla
Maple

Pound—Medicinal EPSOM SALTS 6¢	Dr. West Tooth Brush 16¢	Large—Tooth Paste PEPSODENT 33¢
Pint—Medicinal PEROXIDE 9¢	With Every Box Calox Tooth Powder 43¢	Large—Tooth Paste, PEBECO 39¢
Large Size—ALKA-SELTZER 54¢	FOR 59¢	Large—Tooth Paste LISTERINE 33¢
Vial of 10 Tablets PYRAMIDON 23¢	DISH CLOTHS Limit 5. Each 2¢	Large—Tooth Paste STRASSKA'S 37¢
Large Tube—Ointment PAZO PILE 50¢	RAG RUGS 18x30 14¢	Full Pint NUJOL OIL 50¢
Box of 50 Capsules—Angelus HALIVER OIL 69¢	CANDY & GUM All 5c 3 for 10¢	Reg. size Condensed JAD SALTS 49¢
12-Ounce—Jecopin's JECULIN \$2.67	16-Ounce—Squibb's COD LIVER OIL 79¢	Regular size HALEY'S M.O. 67¢
Regular 89c Tube TRYCO 75¢	14-oz. Antiseptic LISTERINE 59¢	All Numbers—Lg. PETROLAGAR 94¢
4-Ounce—Liniment ABSORBINE JR. 88¢		Trial size ENO SALTS 17¢

BRING YOUR PRESCRIPTIONS TO THE RB

Only the purest drugs of proved merit and reliability are used. Thoroughly competent licensed pharmacists compound each prescription carefully and accurately . . . at consistently lower prices!

Lady Esther FACE POWDER In five smart shades. New softer texture makes it cling better than any similar powder. Mfg'r's 55c Size YOUR CHOICE 37¢	Builder-Uppers MALTINE with Cod Liver Oil and Malt Extract, large \$1.19 Squibb's COD LIVER OIL, 12 oz. 79¢ Scott's Sm. 47c EMULSION lge. 94¢ IRRADOL A \$1.27 Small Hospital Size \$2.79 Angelus MALT EXTRACT With Cod Liver Oil pt. 79¢ Squibb's ADEX TABLETS med. 79¢ Large \$1.98 Abbott's HALIVER OIL CAPSULES (Plain) 50's 79¢	HEATING PADS ELECTRIC Well Made Wet Proof 98¢ to \$3.49 RUBBING ALCOHOL full pint 9¢
CITRATE OF MAGNESIA pt. 9¢ WITCH HAZEL full pt. 11¢ Mead's OLEUM PER COMORPHUM 10 CC 67¢	FLASHLIGHT BATTERIES Each 2¢	FILM PRINTS Any Size 3¢

Here's a Hint

When boiling rice or macaroni, groove the inside of the kettle three or four inches down from the top, and it will not boil over on the range. Recipes are given free, and complete oven meals demonstrated at our classes in Modern Gas Cookery. Watch this paper for complete announcements.

TOPS STATE

Los Angeles county, leading in petroleum production, topped the state's counties in value of minerals produced last year. Valuation of Los Angeles county's mineral output was placed at \$86,227,432.

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The FOOD PRIMER

Y is for Yeast
Those three cakes a day
That build up your pep
The vitamin way.

BY BETTY BARCLAY

A varied diet often does not supply enough of the vitamins, contrary to popular belief. That is why everyone should know about the richest vitamin food we have, — fresh yeast.

The familiar yeast cake carries four vitamins, A, B, G and D. The three cakes a day which are recommended for good health supply one-third of the daily requirement of vitamins A, B and G, and all of the requirement of vitamin D. Most meals supply the rest of the requirements for the first three, so that with the daily eating of these yeast cakes, the human body can easily obtain its quota of those four vitamins necessary for good health.

Irradiated yeast cakes are the richest known source of vitamins B and G, and contain the proper amount of the sunshine vitamin D, which the human system requires. Vitamin A has recently been added to the yeast cakes during the process of production, in the form of carotene. Vitamin A is the anti-infective vitamin; vitamin B is the nerve vitamin and is laxative in action; vitamin D, the bone vitamin, is necessary for good teeth and prevention of rickets, and vitamin G is the growth vitamin, necessary for strong, healthy bodies.

What is yeast? It is a plant. In every one of those familiar yeast cakes there are as many living plants as 70 times the population of the whole world! That means about 140 billions! A yeast manufacturer is really a scientific farmer, as yeast is grown in carefully regulated tanks, under the most exacting scientific conditions as to cleanliness, food, fresh air and temperature. Laboratory tests keep the yeast crop at a high standard day after day.

Yeast is the oldest health food known to medical science. It was prescribed by physicians along the Nile 5,000 years ago. Hippocrates, the "father of medicine," used it. Its present-day use is therefore nothing new, but a continuation of the recognition given it thousands of years ago, with the added benefit of better quality yeast and with the knowledge of why it promotes good health.

"I Selected the GAFFERS & SATTLER Mode-O-Mat GAS RANGE because it's Southern California's FAVORITE!"

Model 460 LM—equipped with Lamp, Minute Minder and condiment set. Finished in either white or ivory. Requires floor space of 41" x 26".

Yes it is true, there are more Gaffers and Sattler Gas Ranges sold in Southern California than any other make. Its remarkable cooking performance inspires thousands of Homemakers to praise its merits to their family and friends every day of the week. Be a satisfied user yourself, buy a Gaffers & Sattler and join those happy ladies whose cooking difficulties have been banished.

REGULAR PRICE \$104.50
10% ALLOWANCE ON YOUR OLD RANGE 10.45
You Pay \$94.05

GAFFERS & SATTLER

AUTOMATIC Gas RANGES

LA MODE FURNITURE

(FORMERLY MILLER FURNITURE CO.) GASTON J. ARCO, Proprietor
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